Chiropractor London - Ida Norgaard - Inc-Health

Chiropractor London – Professional & Personalised Relief for Back, Neck, Shoulder & Head Pain

👋 Welcome! I'm Dr. Ida Norgaard, a fully qualified chiropractor in Central London with over 30 years of experience 🏆. I offer safe, effective, and tailored care to help you move freely, feel better, and live pain-free 💪.

Whether you're dealing with back pain, sciatica, shoulder tension, migraines, or pregnancy-related discomfort 🤰, my treatments are adapted to your unique needs.

📅 Book Your Appointment Today
📞 Call from 8am to 7pm: 020 7931 9572

💼 Your Trusted Chiropractor in London
At the heart of London 🏙️, Dr. Ida Norgaard provides evidence-based chiropractic treatments for people of all ages. Each session includes spinal adjustments, soft tissue work, and personalised home exercises 🧘.

✨ She also leads workshops on posture and sciatica prevention, using a holistic approach that blends dynamic neuromuscular stabilisation and fascial therapy (Stecco method).

🧠 What is Chiropractic Care?
Chiropractic is a natural, hands-on approach to relieve pain in your back, joints, nerves, and muscles 🌿. Gentle adjustments restore mobility, reduce pain, and support your body's self-healing abilities 🌀.

🎯 Goal: not just pain relief, but addressing the root causes. We also focus on posture, injury prevention, and long-term wellness 👩‍👨.

🔍 Common Conditions Treated:
✅ Lower & upper back pain
✅ Neck & shoulder pain
✅ Sciatica & nerve compression ⚡
✅ Chronic headaches & migraines 🤕
✅ Poor posture
✅ Pregnancy-related pain 🤰
✅ Sports injuries 🏃‍♂️🏃

🔄 Whether you're recovering from an injury or managing chronic pain, we're here to help.

📝 Your First Consultation
During your first visit, Dr. Ida performs a complete assessment:

🗣️ In-depth discussion about your history
🧍 Postural & neurological evaluation
🦴 Joint & mobility testing

📖 You'll receive a clear diagnosis and a customised care plan. Most patients get their first adjustment right away.

📍 Find Us
London Chiropractic Clinic
🏠 78 Buckingham Gate, London SW1E 6PE

We're known for our precision, professionalism, and care ❤️. Patients love the fast results and personalised support.

💬 Real Patient Reviews
⭐ "After months of physio, Ida fixed my back in just one session. A true gift." – Piourk
⭐ "Best chiropractor in London. I've trusted her for 15 years." – Sal De Parres
⭐ "She listens, explains clearly, and delivers real results." – Charlotte Lakin

🌟 Why Choose Us?
🏆 30+ years of experience
⭐ Excellent Google reputation
🤰 Pregnancy & posture specialist
👐 Gentle techniques for all ages
📋 Tailored exercise plans for each patient

📞 Book Now
🎯 Discover a personalised, effective chiropractic experience.
📲 Call 020 7931 9572 to book your session today!